

FRAMEWORK TRAINING PLAN FOR THE MARMOTTE ALPS

FIG. 1: TRAINING FOCUS

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Training Focus	Rationale	
				1	2	3	4	5			
	52	Preparation							<p>ON THE BIKE</p> <ol style="list-style-type: none"> Aerobic endurance: progressing to 5h rides in Z1/Z2. Include as much climbing as possible, at low intensity Short-term muscular endurance (STME): multiple 4'-8' efforts in Z3 to Z5 or 1'-2' efforts in Z5 to Z6 Technical limiters: e.g. descending, cornering, etc. <p>OFF THE BIKE</p> <ol style="list-style-type: none"> Strength and conditioning: 2/week Flexibility and stretching: 20 mins 2-3/week Complement occasionally with other sports: running, swimming, etc. 	<p>ON THE BIKE</p> <ol style="list-style-type: none"> Aerobic endurance is by far the most important quality you need to build. STME helps stay with riders at your level during the first hour and stay in a peloton in the valleys. This is the best time to build technical skills. <p>OFF THE BIKE</p> <ol style="list-style-type: none"> Gym exercises to improve upper body and core strength as well as leg strength will make you an all-round stronger cyclist. Maintaining flexibility is essential to pedal efficiently and avoid injury. Doing the occasional run or swim uses your muscles differently, combats boredom and contributes to overall fitness. 	
Jan	1		P1								
	2										
	3										
	4										
Feb	5		P2								
	6										
	7										
	8										
March	9		P3								
	10										
	11										
	12										
Pre-competition	13	PC1									
	April		14								
			15								
			16								
			17								
	May		18	PC2							
			19								
			20								
			21								
	June		22	PC3							
			23								
			24								
			25								
26											
	26	Competition	C1						<p>Taper: reduce volume by 25% two or three weeks out and by 50% or more the last week.</p>	Reduce fatigue: increase form while maintaining fitness	

* Your training volume can be counted in hours or in Training Stress Score (TSS) points. In this chart 5 represents the maximum (which might be 15-20 hrs) and 1 represents the minimum (which might be 4-5 hrs)

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FIG. 2: SUGGESTED WORKOUTS

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Typical training week. <i>The workouts are in order of priority: do the first ones first.</i>	
				1	2	3	4	5		
	52	Preparation							<p>HIGH VOLUME WEEKS</p> <ol style="list-style-type: none"> Low intensity long ride, starting at 2-3hrs and progressing to 5hrs, including climbs Second low intensity ride 2-3 hrs, progressing to 3-4hrs (with focus on technical limiters) STME interval session e.g. 4 x [4'Z4 – 4'Z1] or 8 x [1'Z5 – 1'Z1], progressively increasing the time in zone or the number of intervals. At least 15' warm-up and cool-down. Third low intensity ride 2-3 hrs Recovery ride 1hr <p>RECOVERY WEEKS</p> <ol style="list-style-type: none"> Low intensity ride, starting at 1-2hrs and progressing to 2-3hrs Second low intensity ride, 1-2 hrs Third low intensity ride, 1-2 hrs <p>STRENGTH & CONDITIONING</p> <ol style="list-style-type: none"> Gym session including upper body, core strength and leg strength Stretching (e.g. Pilates or Yoga) Second gym session. Second stretching session 	
Jan	1		P1							
	2									
	3									
	4									
Feb	5		P2							
	6									
	7									
	8									
March	9		P3							
	10									
	11									
	12									
April	13	PC1								
	14									
	15									
	16									
May	17	PC2								
	18									
	19									
	20									
June	21	PC3								
	22									
	23									
	24									
June	25	C1								
	26									

* Your training volume can be counted in hours or in Training Stress Score (TSS) points. In this chart 5 represents the maximum (which might be 15-20 hrs) and 1 represents the minimum (which might be 4-5 hrs)

TRAINING ZONES

Based on Rate of Perceived Exertion (RPE)

Zone	Level	TTE	RPE (1-10)
1	Active Recovery	-	<2
2	Endurance	4-6h	2-3
3	Tempo	2-3h	4-5
4	Lactate Threshold	45'-60'	6-7
5	VO2 max	3'-8'	7-8
6	Anaerobic Capacity	30"-3'	>8
7	Sprint power	<30"	Max

RPE is a purely subjective, but surprisingly accurate measure of intensity, where 1 is extremely light and 10 is the maximum.

The Time-To-Exhaustion (TTE) column refers to the amount of continuous time one can keep exercising in the same zone.

N.B. Low Intensity Training (LIT) is defined as training below the aerobic threshold (AeT: LT1 or VT1). There is significant variation between individual athletes so ideally you should determine this in a lab. If - understandably - you don't want to go to the expense and trouble of a lab test, a good rule of thumb is to take 65% of your HRmax. It is thus *below* the upper limit for Z1 mentioned above. Riding below AeT *feels* slow, and so it should! You are getting the same aerobic adaptations as if you rode a little faster, but without the fatigue.

Based on Maximum Heart Rate (HRmax)

Zone	Level	HRmax %min	HRmax %max
1	Active Recovery	60%	72%
2	Endurance	72%	82%
3	Tempo	83%	87%
4	Lactate Threshold	88%	92%
5	VO2 max	93%	100%
6	Anaerobic Capacity	-	-
7	Sprint power	-	-

Your HRmax is simply your maximum heart rate.

You can determine your HRmax by a ramp test: increase your power by two minute increments until you are forced to stop. You should reach your HRmax in the last two minutes.

Based on Functional Threshold Power (FTP)

Zone	Level	FTP %min	FTP %max
1	Active Recovery	0%	55%
2	Endurance	56%	75%
3	Tempo	76%	90%
4	Lactate Threshold	91%	105%
5	VO2 max	106%	120%
6	Anaerobic Capacity	121%	150%
7	Sprint power	151%	-

Your FTP is the highest average power output you can sustain at the lactate threshold.

You can determine your FTP by riding as hard as possible for 45-60 minutes and taking the average power for the entire period.

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